

FFSC Naples February 2007 Events

Checkbook Management will be offered **February 1st** at the **FFSC, Support Site** from 9:00 AM–12:30 PM. This class helps provide basic skills in choosing a bank and managing a checking account. Call 081-811-4896/6372 to sign-up.

Neapolitan Cooking will be offered **February 1st & 9th Support Site** from 9:00 AM. – 1:30 PM. Want to learn to cook some authentic Neapolitan dishes from a Neapolitan? These hands-on classes will help you to prepare and enjoy traditional Neapolitan recipes such as bruschette, gnocchi, and tiramisu. Registration begins 21 days before the class and the cost is (**8 /-Euros**). Call the ICR Dept. at 081-811-6555/2/1 to sign-up.

Effective Resume Writing will be offered **February 1st** at **FFSC, Support Site** from 9:00 AM-12:00 PM. The class provides instruction on how to write both Federal Style Resumes and Private Industry Resumes. To sign-up call FFSC at 081-811-4896/6372.

Smooth Move will be offered **February 2nd** at **FFSC, Support Site** from 8:00 AM- 2:00 PM. Don't let your upcoming transfer catch you off guard, and start planning today. To sign-up call 081-811-4896.

CSB/Redux will be offered **February 2nd** at **FFSC, Support Site** from 9:00 AM – 12:00 PM. Is your 15 year mark coming up quickly? We will show you how the program works, and should you take the \$30,000 lump sum? To sign-up call 081-811-4896/6372.

Easy Italian I will be offered **February 2nd** at the **FFSC, Support Site** from 10:00 AM-12:00 PM. This is an introduction to Basic Italian Language and Conversation. Call the ICR office at 081-811-6555/2/1 to sign-up.

Transition Assistance Program –Pre-Separation (TAP CLASS) will be offered **February 5th – 8th** at the **FFSC, Support Site** from 8:00 AM – 4:00 PM. Contact your Command Career Counselor to sign up.

Healthy Home Happy Children will be offered **February 5th** at the **FFSC, Support Site** from 8:00 AM – 12:00 PM. In today's day and age parents are faced with many challenging obstacles. Learn helpful parenting techniques in this informative class. To sign up or for more information call Luisa at 081-811-6533.

Employment and Career Opportunities in Naples will be offered **February 6th & 20th** at **FFSC, Support Site** from 9:00 AM-12:00 PM. The class provides spouses with information on where local jobs are posted, how to apply for them, and military spouse preference guidelines. To sign-up call 081-811-4896.

Deployment Support Group will be offered **February 6th & 20th** at **FFSC, Support Site** from 2:00 PM-4:00 PM. Come and network with other spouses and learn how to manage some of the challenges that you face during your family member's deployment. Relevant topics will be discussed or presented at every session. To sign up or for more information call 081-811-6547.

Career Explorations Workshop will be offered **February 8th** at the **FFSC, Support Site** from 9:00 AM–12:00 PM. This seminar provides essential resources in identifying career interests and evaluating skills in support of developing a career plan. This is a useful workshop for persons that may be unsure about their career plans, which are changing careers, or re-entering the work force. To sign-up call 081-811-4896/6372.

Estate Planning will be offered **February 9th** at the **FFSC, Support Site** from 9:00 AM–12:00 PM. This course will give you an overview of estate planning and will show you how you can use various planning strategies to help ensure your family's future financial security. Call 081-811-4896/6372 for more information and to sign-up.

(CONSEP) First-Term Workshop will be offered **February 12th – 15th** at the **FFSC, Support Site** from 8:00 AM – 4:00 PM. This course provides 1st term personnel with the education needed to make informed career and lifecycle decisions. It includes in-depth training in the areas of Personal, Financial, and Professional Planning. This curriculum is rich in information, covering everything from Navy Programs to self-appraisal to resume writing. To sign-up or for more information call 081-811- 4896/6372.

Developing Your Spending Plan will be offered **February 14th** at the **FFSC, Support Site** from 12:30 PM – 3:00 PM. This course is designed to develop knowledge and skills that will enable participants to establish a personal spending plan that can be adapted to suit individual's unique circumstances. To sign-up or for more information call 081-811-4896/6372.

Interviewing Techniques will be offered **February 15th** at the **FFSC, Support Site** from 9:00 AM–12:00 PM. The class provides instruction on how to prepare for and participate in job interviews. Call 081-811-4896/6372 to sign-up.

Savings and Investing will be offered **February 15th** at the **FFSC, Support Site** from 9:00 AM – 12:00 PM. Designed to develop knowledge and skills that will enable participants to save and invest effectively to achieve their financial goals. Call 081-811-4896 to sign-up.

Stress Management Workshop will be offered on **February 16th** at **FFSC, Support Site** from 8:00 AM-12:00 PM. This workshop will help you understand what stress is, recognize various responses to stress, and learn valuable tools and techniques to effectively manage stress. To sign up or for more information call 081-811-6533.

Carnevale (Lasagne, Masks & Mardi Gras) will be offered **February 16th** at the **FFSC, Support Site** from 11:00 AM to 2:00 PM. In this class participants will learn about the origins of Mardi Gras and how Italians celebrate it. Learn where some of the famous Mardi Gras parades are held, and become familiar with some typical costumes and food. To sign up or for more information call the ICR Department 081-811-6555/1/2.

Tips on Italian Housecleaning will be offered on **February 19th** at the **FFSC, Support Site** from 10:00 AM – 12:00 PM Learn useful information to tackle the Italian house. Call the ICR Office at 081-811-6555/2/1 to sign-up.

Anger Management will be offered **February 22nd** at **FFSC, Support Site** from 8:00 AM – 12:00 PM. Learn basic techniques to know how to control anger, and how to minimize the stress that can cause it. Call 081-811-6533 to sign up.

Debt/Credit Management will be offered **February 22nd** at the **FFSC, Support Site** from 9:00 AM -12:00 PM. The class presents a hands-on skills-building session dealing with debt/ credit management. Call 081-811-4896 to sign up.

Easy Italian II will be offered **February 23rd** at the **FFSC, Support Site** from 10:00 AM - 12:00 PM. This is the second part of the introduction to Basic Italian Language and Conversation. Call the ICR office at 081-811-6555/2/1 to sign-up.

Sponsorship Training will be offered **February 28th** at **FFSC, Support Site** from 8:00 AM-10:30 AM. To be a sponsor is a duty; to be a great one is to make a difference! To sign up, call 081-811-6372/4896.

Play SCOPA will be offered **February 28th** at **FFSC, Support Site** from 9:00 AM- 11:00 AM. Learn how to play a traditional and very popular Neapolitan card game. To sign-up call the ICR dept. at 081-811-6555/2/1.